

January 2022

Healthy Eating and Healthy School

Dear Parents and Carers,

At Ben Jonson, we have an ongoing commitment to promote healthy eating habits amongst our pupils, staff and families. We also have to fulfil certain obligations to remain a Tower Hamlets Healthy School, something that we are very proud to be a part of. As we begin the year, I would like to draw your attention to the following information about the school's Healthy Eating policy:

Packed Lunches: All children are entitled to a free school lunch, which we encourage everyone to take up. However, if your child has a packed lunch, it should contain a range of healthy foods; it should not contain crisps, chocolate bars or sweets. Hot food should not be brought into school. Suggestions for healthy lunches include the following:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, rice, potatoes, couscous; choose wholegrain where possible (at least once a week)
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of non-dairy protein such as eggs, beans/pulses, hummus, falafel
- Oily fish once every 3 weeks

Nut-free school: As there are several children in school who suffer from nut allergies, we are a nut-free school. No products containing nuts (including Nutella) should be brought into school.

Water-only school: We are a water-only school, so please do not include any other drinks in your child's packed lunch; water is freely available in the lunch hall and in the classrooms.

After-school Clubs: The same rules apply to after-school snacks for clubs.

Celebrations and birthdays: On special occasions, such as birthdays, a small treat may be brought in to share with the class. Some suggestions could be plain individually wrapped cup cakes, biscuits, fruit, fun-size chocolate bars such as Maltesers, Mars, Twix, Milkyway or Kit Kat. Please be aware that any products containing nuts will be returned to parents. Heroes, Celebrations and Quality Street are not suitable as they contain nuts. Cakes which require cutting will also be returned to parents.

For class parties:

You are welcome to provide some treats for your child's class. In light of current Covid restrictions, we can only accept shop-bought, individually wrapped items. This so that each child can be provided with their own treats.

Below are some examples of food that we can accept:

- Individual bags of popcorn, breadsticks, crisps
- Individual items of fruit that can be washed/peeled such as satsumas, apples, bananas plums, shop-brought carrot sticks
- individual packs of cheese dunkers, cheese triangles, or yogurt tubes
- Individual small cartons of juice
- Individually wrapped cakes or pastries
- Individual small chocolates bars such as kit kat or penguin bars, or wrapped sweets.
- We are unable to accept any home-made items.



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Break time: Children may bring in a piece of fruit or a vegetable snack (such as raw carrots) to eat at break time.

We hope that you will support our efforts to improve the well-being and health of our children and encourage them to make healthy food choices. If you have any queries about any of these matters, or would like further information or advice, please feel free to speak to your child's teacher, or me, after school.

Yours sincerely,

Jane Nashashibi, PSHE Leader

